



## Simple Living Support Nights Reflection on Traveling Light

"Traveling Light" is a constant process of reflection and action and of transforming our sense of needs, wants, and entitlement. Simplicity is clarified as we decide where to spend our time and money and as we determine who and what is important to us. In a consumer society, it is especially necessary to reflect on simplicity; in a counterculture in which we might be tempted to take undue pride in our simplicity, it is necessary to reflect on detachment.

### 1) Opening Prayer

God of justice and mercy, in your love for your people, you pitched your tent among us. You joined your richness to the poverty of our human existence, with no place to lay your head. In embracing all the limitations of life and death, you have opened for us the path to real and lasting life. Through the power of the Spirit, may we find the meaning and fulfillment of our lives in the life and teachings of Jesus. We ask this in the name of the same Jesus, your son and our brother, Amen.

### 2) Check In

### 3) Reflection

Learning simplicity is a lifelong process. Many factors determine our individual stance toward the world and "things." It is important to see our starting points before we can make practical decisions as a community. Use the following questions to provide a framework for your reflection and sharing.

Questions for reflection:

- What is the difference between poverty and voluntary simplicity?
- What "needs" have you been educated about in JVC?
- How do you "vote" with your money?
- Name one way that you have uncluttered your life since your year in JVC began.
- How does simplicity relate to time and commitments?
- What material things or commitments are you willing to give up? What are you not willing to give up?
- How does your pattern of consumption affect other people and the environment?
- How has your decision to live in this neighborhood affected your concept of voluntary simplicity?
- How does your pace of life affect simple lifestyle?
- Simplicity can be a manifestation of the spiritual practice of detachment, letting go of undue attachments to people, places, ideas, etc., so that God alone is at the center of our lives. What ideas, opinions, or other intangible "needs" have you let go of so far?

### 4) Brainstorming action steps

- Brainstorm some ideas how the concept of voluntary simplicity can be addressed both individually and communally.
- Post communal voluntary simplicity decisions.

## 5) Closing Prayer

Loving God, we thank you for bringing us together tonight, and for all we have shared with each other. Help us to become rich in our love for each other and in our gentle touch to begin the healing of our world. We pray for the gift of simplicity this year. As we make changes in our lives we look to you, the source of all holiness. Keep us rich in the unfailing presence of your love. In Jesus' name, Amen.

### **Prayer for Detachment**

I beg of you, my Lord,  
to remove anything which separates me from you,  
and you from me.

Remove anything that makes me unworthy of your sight, your control, your reprehension;  
of your speech and conversation, of your benevolence and love.

Cast from me every evil  
that stands in my way of seeing you,  
hearing, tasting, savoring, and touching you;  
fearing and being mindful of you;  
knowing, trusting, loving, and possessing you; being conscious of your presence and, as far as may be,  
enjoying you. This is what I ask for myself and earnestly desire from you. Amen.

-- Peter Faber, SJ

### **Suscipe**

Take, Lord, and receive all my liberty,  
my memory, my understanding and my entire will,  
All I have and call my own.

You have given all to me.

To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace,

That is enough for me.

--St. Ignatius Loyola